

LIST OF ISSUES AND PROGRAMS

JANUARY 1-MARCH 31, 2016

**WSRV-FM
97.1 THE RIVER**

**COX RADIO, INC.
GAINESVILLE-ATLANTA, GEORGIA**

ISSUES AND ANSWERS

DURING THE PERIOD OF JANUARY 1-MARCH 31, 2016 THE FOLLOWING ISSUES AND PROBLEMS

WERE AMONG THOSE ADDRESSED BY WSRV-FM:

HEALTH / SAFETY / CRIME

EDUCATION

FAMILY / PARENTING / SELF-HELP / RELIGION

ART / ENTERTAINMENT / RECREATION / ENVIRONMENTAL

FINANCIAL / POVERTY / CHARITY

WSRV-FM

ASCERTAINMENT STATEMENT

WSRV FM/97.1 The River develops on air programming to address issues of importance to Gainesville, Atlanta and surrounding communities.

WSRV-FM also produces four-thirty minute community affairs talk shows, which addresses a variety of topics and issues of concern including politics, education, health, business, lifestyle issues and civic and social issues. The River Current, The Heart of Atlanta, and Perspectives air every Sunday morning.

Issues on the program are ascertained through interviews with community leaders, including representatives of charitable and civic/social/civil rights organizations and others who make a difference in the communities in which we serve. WSRV-FM also solicits community input via the website

LIST OF PROGRAMS**AIRTIMES****LENGTH****PROGRAM DESCRIPTION**

DR. JOE SHOW

SUN 6:30AM

30 MINUTES

LOCALLY PRODUCED PUBLIC AFFAIRS
PROGRAM DEALING WITH LOCAL
ISSUES OR TOPICS OF GENERAL
INTEREST.

PERSPECTIVES

SUN 7:00AM

30 MINUTES

LOCALLY PRODUCED PUBLIC AFFAIRS
PROGRAM DEALING WITH LOCAL
ISSUES OR TOPICS OF PARTICULAR
MINORITY INTEREST.

ISSUE & DESCRIPTION

HEALTH / SAFETY / CRIME ISSUES

DATE

TIME

LENGTH

1/3/16

6:30AM

50MINS

DR. JOE SHOW: Ways to avoid getting sick this year. Seems like every year around this time you start feeling worn down, a little congested, maybe develop a scratchy throat, and before you know it, you're faced with a full-blown cold. But this year can be different! Arm yourself with tricks to evade nasty bugs before the knock you out.

1/10/16

6:30AM

50MINS

DR. JOE SHOW: Heart disease warning signs. High blood pressure, stress, and diabetes are all familiar warning signs that someone's at risk for cardiovascular disease. But there are other red flags that most of us are not aware of, such as hair loss, or problems in the bedroom. By paying attention to risk factors, and using them as cues to make healthy changes in your life, there's a lot that can be done to prevent cardiovascular damage. Sexual dysfunction. Heart disease may be the last thing on your mind when you're cuddling close to your significant other, but trouble performing may be a concern for heart health as well as sexual health. Although sexual dysfunction in men and women is different, the issue linking it to heart disease is the same: When blood vessels don't work well, sexual problems can occur. If you have dysfunction in a circulatory area you have it in others. Do this. Treat both issues with good medical therapy and healthy lifestyle changes, both sexual dysfunction and heart disease can be avoided.

1/17/16

6:30AM

50MINS

DR. JOE SHOW: Cholesterol – surprising facts. I want to cover a different aspect of cholesterol – how the body regulates it and, therefore, what we can do to optimize that process. Cholesterol is a fat soluble steroid. In fact, it is the most abundant steroid in the body. Far from being harmful, when properly regulated, it is a critically important molecule, essential in the formation of a number of key compounds, including: vitamin D; progesterone; estrogen; testosterone; and adrenaline. It is also essential in the formation of every cell membrane in your body, not to mention the fact that your brain is mostly made up of cholesterol – much of it in the myelin sheaths that insulate nerve cells and in the synapses that transmit every nerve impulse. As a fat soluble molecule, cholesterol cannot be easily carried in the blood – a water based medium. Therefore, the body converts cholesterol into water-soluble molecules known as lipoproteins so it can be transported. Lipoproteins are composed of an outer shell made from a phospholipid which renders the particle soluble in water.

HEALTH / SAFETY / CRIME ISSUES

1/24/16 6:30AM 50MINS

DR. JOE SHOW: Heart Disease. Heart disease results from the simple fact of elevated blood cholesterol. The only accepted therapy was prescribing medications to lower cholesterol and diet the severely restricted fat intake. The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

1/31/16 6:30AM 50MINS

DR. JOE SHOW: Cellphone dangers. Are cellphones really safe? The answer depends on who you talk to. While scientists have yet to prove a surefire link between brain cancer and cellphone radiation (that type of research takes decades to show a clear cause and effect) there's mounting evidence that wireless radiation from cellphones could be contributing to other health problems. In 2011, the World Health Organization's International Agency for Research on Cancer listed electromagnetic radiation from cellphones as "possibly carcinogenic to humans." If cellphones are harming us, it may take several more decades to definitively prove it. One thing is certain, though, cellphones make our lives better in many ways, sure, but emerging science – usually in the form of smaller studies – suggests the benefits don't come without risk. Snuggling up with your smartphone or iPad before going to bed could be wrecking your sleep. Exposure to artificial light an hour or two before bedtime can suppress the release of the sleep-inducing hormone melatonin, disrupting circadian rhythms and sleep patterns.

2/7/16 6:30AM 50Mins

DR. JOE SHOW: Pesticide-Laden Produce. Environmental Working Group (EWG) just released its 2014 Dirty Dozen list identifying the most pesticide-laden produce on the market. This doesn't mean you should stop eating produce in exchange for processed foods, but it does suggest that eating organic as often as possible is a top-notch way to keep chemical pesticides out of your body. In fact, a 2012 report by the American Academy of Pediatrics said children are particularly susceptible to the impacts of pesticide exposure, including an increased risk of pediatric cancers and behavioral problems, along with trouble learning.

2/14/16 6:30AM 50Mins

DR. JOE SHOW: The food-romance connection. When Marvin Gaye sang about "sexual healing", he didn't know the half of it. Besides being one of life's greatest pleasures and a boon to intimacy with your partner, a satisfying sex life also can enhance your health in numerous ways. Sure, it can burn calories, relieve stress and help you fall asleep more easily, but these health-promoting effects are just the tip of the iceberg. Learn other healthy reasons to slip between the sheets with your honey. Score one for the pleasure principle: Sex, practiced safely and in moderation, could help keep you from getting sick.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

HEALTH / SAFETY / CRIME ISSUES:

2/21/16

6:30AM

50Mins.

DR. JOE SHOW: 10 best hangover foods. Whether you're ringing in the new year or hosting a summer barbecue, it's important to know how to prevent a hangover before the morning after. Good news! Enjoying a few drinks doesn't mean you're destined to spend the next day sloth-like on the couch or hunched over a toilet. In fact, researchers are finding that your alcoholic choices and what you eat before, during, and after you drink could drastically reduce your risk of a morning hangover.

In the event that you do overindulge and find yourself feeling queasy and awful the morning after, reach for natural hangover food and drinks instead of the medicine cabinet and you'll be feeling refreshed and back to your good old self in no time.

2/28/16

6:30AM

50MINS

DR. JOE SHOW: Immune system issues. The function of the immune system is to recognize, attach and destroy foreign invaders while not attacking what normally belongs to the body. In order for the immune system to function normally it cannot be over stimulated or suppressed. The goal of obtaining a healthy immune system is to normalize the immune system. The organs involved in immune function are the spleen, thymus, tonsils, and lymph glands.

There are essentially three primary causes of over stimulation or suppression of the immune system. The first primary cause can be related to emotional and lifestyle stress.

3/6/16

6:30AM

50Mins.

DR. JOE SHOW: What is a "Balanced Diet"? According to some soda companies, sugary beverages can be safely enjoyed as part of a "balanced" diet and lifestyle. But what kind of "balance" are they really talking about? In essence, the "balance" referred to here is a balance between poison and nutrition. The idea they're promoting is that if you eat a healthy diet, you can safely indulge in a little bit of poison every now and then.

HEALTH / SAFETY / CRIME ISSUES:

3/13/16 6:30AM 50Min.

DR JOE SHOW: Metabolism & Energy Boosters. For many of us, trying to boost a slowing metabolism when we have sedentary jobs and commuter lifestyles is challenging and leaves us in the position of trying to outsmart our metabolic rates.

I have so many patients tell me that they eat the same breakfast, lunch and dinner. Eating the same meals repetitively can slow down your metabolism. Remember, every food has a unique nutrient and bacterial profile, which works to determine your metabolic rate. Think about having five different breakfasts, lunches, and dinners that you can rotate to help keep your gut challenged. Make it a goal to add or try one new food very meal.

3/20/16 6:30AM 50Min.

DR. JOE SHOW: Government Dietary Guidelines. With New Year's comes news feeds blowing up with dieting advice. But here's one you should pay particular attention to: The Obama administration's U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) just released its Dietary Guidelines for Americans, the government's official stance on what you should eat. Based on the latest science and updated every five years, these recommendations have far-reaching effects, impacting everything from what winds up in school lunches to what advice you'll hear from doctors and nutritionists.

3/20/16 7AM 25:00

PERSPECTIVES: AID Atlanta Guests: Nicole Roebuck, Interim Executive Director AID Atlanta and DeWayne Ford, Assoc. Outreach Director. A February 2016 report by the Centers for Disease Control and Prevention found if current HIV diagnoses rates persist, about 1 in 2 black men who have sex with men (MSM) and 1 in 4 Latino MSM in the United States will be diagnosed with HIV during their lifetime, according to a new analysis by researchers at the Centers for Disease Control and Prevention (CDC). The study, presented today at the Conference on Retroviruses and Opportunistic Infections in Boston, provides the first-ever comprehensive national estimates of the lifetime risk of an HIV diagnosis for several key populations at risk and in every state. Roebuck and Ford share options and opportunities for the community.

3/28/16 6:30AM 50Min.

DR. JOE SHOW: Cholesterol – Surprising Facts. I want to cover a different aspect of cholesterol – how the body regulates it and, therefore, what we can do to optimize that process. Cholesterol is a fat soluble steroid. In fact, it is the most abundant steroid in the body, far from being harmful, when properly regulated. It is a critically important molecule, essential in the formation of a number of key compounds, including: vitamin D, progesterone, estrogen, testosterone, and adrenaline

ISSUE & DESCRIPTION**DATE****TIME****LENGTH****EDUCATION ISSUES:**

2/28/16

7AM

25:00

PERSPECTIVES : What makes a Great School? Guest: Dr. Danielle LeSure, Outreach and Parent Engagement Coordinator, Atlanta Region. The goal of "National Schools Week" is to raise awareness of education options; Great Schools Atlanta gives parents the information they need to make better decisions. Great Schools Atlanta rates local schools based on test scores, allows parents to see how other parents review schools, and offers information on school offerings and programs. Great Schools Atlanta gives families in Fulton, Cobb, Gwinnett, DeKalb, and Clayton counties the most comprehensive and accurate K-12 school information available.

3/27/16

7AM

25:00

PERSPECTIVES: Resources available to Georgia citizens via GA.gov Guests: Bethany McDaniel, editorial director Georgia.gov and Nikhil Deshpande, director of Georgia.gov Interactive Georgia.gov is the Google of all things Georgia. It helps citizens to find everything from how to collect and/or pay child support to how to become a private investigator or how to secure a business or weapons license. This team of nine have been and are so successful that they are now the go-to platform for all state agencies and host or help to create more than 75 state websites.

ISSUE & DESCRIPTION**DATE****TIME****LENGTH****ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

1/10/16

7AM 10:00

PERSPECTIVES: Oji Singletary (Writer/Director) A Misguided Altruism -Creating intensely personal movies that reflect on real –life issues is important to the father and son team at Singletary Productions. The documentary A Misguided Altruism tells the story of Dr. Ozel Brazil, a mentor to Oji Singletary and many others. His mission as founder of the Los Angeles Community Outreach Program was to get more black and brown young people into college. In 2002 the government prosecuted Brazil on multiple charges of mail and student financial aid fraud. He spent four years in jail. Oji Singletary is co-executive producer of Braxton Family Values.

1/24/16

7AM

25:00

PERSPECTIVES: Martin Luther King Holiday | Hollywood's Diversity Problem

In the days following the recognition of the annual King Holiday, this week's program features newly released excerpts from Dr. King's Nobel Prize acceptance speech, one of the first times he uttered his famous "Free at last, free at last, thank God Almighty we are free at last." This program also features an examination of the issue of diversity in Hollywood as no actors of color were nominated for Academy Awards in 2016.

2/7/16

7AM

25:00

PERSPECTIVES : The Trial of the Century – 20-plus years later. Guest: Tiffany Cochran Edwards

More than 20 years after the brutal murders of Nicole Brown Simpson and her friend Ronald Goldman, the nation is once again gripped by the trial and acquittal of her husband, former NFL superstar, OJ Simpson. Only now it's fictionalized on television in a ten part drama series – "The People vs. OJ Simpson" on FX. Millions have tuned in to the early episodes and its turning out to be a ratings winner. But, how are the real people impacted by this program dealing with it. Are they or their loved ones being portrayed accurately? Are they watching the program? Tiffany Cochran Edwards is a former journalist who was just beginning her career in South Carolina when her father, the late Johnnie Cochran, joined the "dream team" who won Simpson's acquittal.

ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:

2/14/16 7AM 25:00

PERSPECTIVES: Black History Month *Guest: Historian Skip Mason and renowned artist Peter Max*

Atlanta native and historian turned former leader of the Alpha Phi Alpha Fraternity and now a pastor in Augusta has taken his knowledge and research of Atlanta's rich black history and exposed tens of thousands more to the many stories via social media. His "Skip Mason's Vanishing Atlanta Black History" is a public group on Facebook where he shares great stories so that they might not be lost and where others with stories to share may post them to the site.

2/21/16 7AM 25:00

PERSPECTIVES: Creative Writing and Effective Storytelling *Guests: Academy Award Winner John Ridley and actor Amir Airson*

Ridley, who won the Oscar® for "12 Years a Slave" is now the writer / producer behind the critically acclaimed program "American Crime." He calls this the "new golden age of television" where there are more ideas being produced by a more diverse team of talent. His program returns in 2016 with the same cast, but they are telling a new story – one which deals with the sexual abuse of a male teen. Airson is a breakout character on the NBC drama, "The Blacklist."

3/6/16 7AM 25:00

PERSPECTIVES: Caribbean travel and the Zika virus *Guest: Beverly Nicholson-Doty, Commissioner of Tourism, US Virgin Islands*

Commissioner Nicholson-Doty returns to explore the new and many travel opportunities available to Americans in the US Virgin Islands and to address work done by the CDC in the region to educate tourists to the Zika virus. Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.

ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:

3/13/16 7AM 25:00

PERSPECTIVES: Guest: Returning citizen and author, Shaka Senghor "Writing My Wrongs: Life, Death and Redemption in an American Prison" is Shaka Senghor's memoir endorsed by Senator Cory Booker, The New Jim Crow author Michelle Alexander, Van Jones, and J.J. Abrams among others. In this telling tome' Senghor gives voice to disenfranchised African-American youth. He made a series of terrible mistakes and paid the price by spending nearly 20 years in prison. He murdered a man at age 19. His time incarcerated included seven years in solitary confinement. Today he is free and determined not to let his past define his future. At a time when national debate is focused on the criminal justice system and the issue of the mass incarceration of so many black men and women, Senghor is using his experience and sharing his story. He is now a motivational speaker and activist for young men and women who were like him. He is a former director's fellow at the MIT Media Lab, a community leadership fellow with the Kellogg Foundation and the founder of the Atonement project which helps victims and violent offenders heal through the power of the arts.

ISSUE & DESCRIPTION**DATE****TIME****LENGTH**

FINANCIAL / POVERTY / CHARITY ISSUES:

1/17/16

7AM

25:00

PERSPECTIVES: Guest: Chuck Meadows, Executive Director, The mission of the Atlanta Beltline is to enable engage and empower citizens. Meadows discusses ways the community can help to build the Beltline by contributing to the costs to acquire line, develop trails and design parks. Users are engaged by supporting the programs of the Atlanta Beltline, programs which include but are not limited to the Beltline's year-round Run. Walk. Go! series, Art on the Atlanta Beltline, its Pet Partnership; Residents are empowered by being part of community building efforts including the plan for the new Westside Trail corridor and its housing rehabilitation program.